AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

- 1-22. Canceled.
- 23. (New) A respiratory mask assembly comprising:

a shell defining a cavity having an opening adapted to fit a respiratory opening of an individual, said shell including an upwardly extending support post by which, in use, breathable gas may be supplied to an interior of the shell, the shell including at least a pair of slotted connectors each adapted to receive a strap to secure said mask to the individual;

a forehead support provided to said support post, said forehead support including a bridge assembly including a plurality of first lock portions and a pair of laterally spaced forehead pads adapted to contact the individual's forehead; and

an adjustment assembly including at least one flexible portion selectively coupled to and decoupled from the bridge assembly, said adjustment assembly including a plurality of second lock portions engageable with the plurality of first lock portions of the forehead support, such that the bridge assembly is selectively lockable relative to the support post in at least two positions to provide variable transverse spacing of the bridge assembly from the individual's forehead.

24. (New) The respiratory mask of claim 23,

wherein said bridge assembly comprises at least a pair of slotted connectors adapted to receive a strap to secure said respiratory mask to the individual.

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- 25. (New) The respiratory mask of claim 24, wherein the opening in said shell fits a nasal area of the individual.
- 26. (New) The respiratory mask of claim 23,

wherein the flexible portion of the adjustment assembly includes a pair of arms that are spaced apart with a gap therebetween, whereby the arms are compressible toward one another into the gap to decouple the first and second lock portions, to thereby allow adjustment of the bridge assembly.

27. (New) A respiratory mask assembly for a patient comprising:

a mask shell coupled to a facial cushion support structure including a cheek region, a lip region and a nasal bridge region, the mask shell including a support post extending upwardly above the nasal bridge region of the facial cushion support structure; and

a forehead support secured to the support post, said forehead support including an adjustment mechanism secured to the support post and a cushion frame, wherein the cushion frame is adapted to locate at least one forehead cushion and wherein the adjustment mechanism includes a flexible member that is lockable with respect to the forehead support so as to allow the cushion frame to be positioned in at least two positions relative to the support post, thereby enabling variable positioning between the patient's forehead and the forehead support.

28. (New) The assembly as claimed in claim 27, wherein the cushion frame includes a pair of connectors each structured to releasably receive a head strap.

29. (New) The assembly as claimed in claim 28, wherein the mask shall include a pair of connectors each structured to receive a head strap.

- 30. (New) The assembly as claimed in claim 27, wherein the at least one forehead cushion spans enough of a user's forehead to promote stability.
- 31. (New) The support as claimed in claim 30, wherein said at least one forehead cushion includes at least two horizontally spaced forehead cushions.
 - 32. (New) A respiratory mask assembly for a patient comprising:

a mask shell coupled to a facial cushion support structure including a cheek region, a lip region and a nasal bridge region, the mask shell including a support post extending upwardly above the nasal bridge region of the facial cushion support structure;

a forehead support provided to the support post, said forehead support including an adjustment mechanism secured to the support post and a cushion frame, wherein the cushion frame includes a bridge, and wherein the adjustment mechanism includes at least one portion that is movable relative to the support post such that, in use, the cushion frame is movable toward and away from the patient's forehead, and

a pair of forehead cushions provided on the bridge, the forehead cushions being spaced from one another along a length of the bridge with a space being provided between a center portion of the bridge and the patient's forehead, wherein

the adjustment mechanism is constructed and arranged to selectively lock the bridge relative to the mask in at least two predetermined positions,

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each of the forehead cushions includes an inner wall abutting a surface of the bridge and an outer wall adapted to be in contact with the patient's forehead,

each of the forehead cushions is made of a deformable material that retains its shape,

the bridge includes a retainer element provided on each lateral end of each of the forehead cushions, and each of the forehead cushions includes a surface engaged with a respective one of said retainers, and